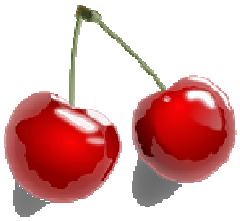

Common Proteins

Slight variations may occur.

• Yoghurt	8oz	23g
• Cottage cheese	1/2cup	14g
• Eggs	1 egg	6g
• Milk	1cup	8g
• Steak	3oz	23g
• Ground beef	3oz	18g
• Pork(boneless)	3oz	23g
• Chicken Breast	3oz	16-24g
• Tuna	3oz	25g
• Sardines	3oz	21g
• Beans	1cup	17-20g
• Lentils(Dry)	1/4 cup	13g
• Bacon	3oz	15g
• Biltong(Jerky)	1oz	10-13g
• Nut Butters	2Tbs	6-8g
• Nuts	2oz	6-9g
• Quinoa	1cup	8g
• Frozen Peas	1cup	7g
• Broccoli	1cup	3g
• Brown Rice	1cup	5g
• Oats	1cup	6g
• Potato	1	4-5g
• Cauliflower	1cup	2g
• Avocado	1med	4g